

CAAFIMAADKA DADWEYNAHA XAASHIDA XAQIIQADA

Calaamadaha Cudurka Neefsashada ee Aadka u Daran (SARS)

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Waa maxay SARS?

SARS waxay u taagan tahay *Severe Acute Respiratory Syndrome*. Waa cudur uu keeno fairus . Dadka SARS hayo waxay qabaan xummad, qufac iyo dhibaatooyin xagga neefsiga. Cudurka waxa ugu horreyyntii lagu sheegay dadka gobolka Guangdong (China) Hanoi (Fiyetnaam) iyo Hong- Kong.

Sidee SARS lagu fafiya ?

SARS waxa lagu fafiya xiriir dadka oo dhow. Xiriir dhow waxa lagu qeexaa sida ayadoo la xannaaneeyay, lala noolaaday ama lala yeeshay xiriir toos ah dheecaanka neefsidka iyo/ama dareere jirka qofka qaba SARS.

Khubarada Caafimaadka dadweynaha waxay u haystaan in SARS sida ugu badan ee lagu faafin karo ay tahay kolka qof cudurku hayo uu hindhiso ama qufaco dhibcana ku sii daayo hawada qof kalena dhibcihi neefsado. Dadku cudurka way gudbiyaan qolka ay jirran yihiin. Waxa suurowdo in SARS la isugu gudbin karo xattaa si sidaa ka ballaaran oo ah hawada ama alaab la taabtay oo la qabadsiiyay fairuska sababo SARS.

Waa maxay calaamadaha SARS?

Guud-ahaan, SARS waxay ku bilaahataa xummad ka badan 100.4°F [$>38.0^{\circ}\text{C}$]. Calaamado kale oo dhaqsa ah waxa ka mid noqon kara madax xanuun, dareen guud-ahaan ee raaxo-la'aan, kor xanuun ama calaamado sahlan ee xagga neefsiga (qufid, hindhisid, ama neefsashada oo dhib ah). 2 illaa 7 maalmood dabadeed, calaamaduhii si aad ah bay u sii darsanayaan. Bukaanka SARS qarkood waxa ku dhici karo qufac daran oo qallalan waxana ku adkaanaya neefsashada.

Yaa halis u ah SARS?

- Dad dhawaan u safraay dal lagu caddeeyay in SARS bulshada ku faaftay.
- Dad la yeeshay xiriir toos ah qof u jirin SARS. Tusaale, dad la nool bukaan SARS; ama shaqaale xannaano caafimaad oo aan qashan daboolka ilaha meefsiga kolkuu xannaaneynayay bukaanka SARS. Maraykanka gudihiiisa laguma hayo sifaalo faafid SARS xilligan. Saraakiisha caafimaadka dadweynaha waxay wadaan in ay xoog saaraan ilaalinta xaaladda.

Maxaad sameynaysaa si aad uga badbaada ?

- Ka fogow la yeelasho xiriir dadka ka soo laabtay 10 maalmood gudahood arlada aad halista u ah, laakim **haddii ay hatan hayyaan calaamadihi lagu yihiin cudurka SARS oo keliya.** (Looma baahna in laga fogaado dad dhawaan safraay oo aan lahayn calaamadaha SARS.)
- Ka fogow la yeelasho xiriir dhaw qof ay suurowdo in uu qabo SARS adoon gashan dabool ilaha neefsiga. Ama qofka buka ayaa qaadan kara dabool ilaha neefsiga madaama kaasi yarayn karo dhibcaha hawada raaco marka la qufaco.

- Ku dhaq gacmahaaga sabuun iyo biyo kulul in badaan taasi waxay caawin karta ka hortag faafid SARS iyo fairusyo iyo bakteriya kale oo badan . Jelka(Gel=maaddo jilicsan) gacmaha oo alkolka ah iyo rugid waxa loo isticmaali karayaana dhaqid iyo siffayn gacmo.
- Ha la wadaagin cunno, cabitaan ama qalabka cuntada dad kale, siiba haddeey bukaan. Tallaabadani waxay muhiim u tahay ka hortagga SARS iyo jeermi kale.

Ma ka foogaanaysaa dad kula shaqeeya ama fasalka kulo dhigta oo dhawaan safray ?

Haatan lama hayo daliil in qof aan lahayn calaamadaha SARS u gudbin karo dad kale inay sidaa dhacdana waxay u egtahay mid aan surtogal ahayn. Dad aan *calaamad lahayn* oo u safray arla aad halis u ah uma baahna in la takooro ama la karantiilo. Calaamado dhib neefsi qof qabo oo *ayan wehelin taariikh dhawaan u safriid arlo aad halis u ah ama aan xiriir dhaw la yeelan bukaan SARS* waxay u badan tahay in ay sababeen cudurro neefsi oo kaleoo caadi ah. Cudurrada neefsiga waa caadi, sidaa darteed badankooda, xattaa kuwa dad ka soolbaabtay meelo caalamka oo SARS halis u ah ma noqqon doonaan SARS.

Haddii qof la kulmay halis SARS, intee bay ka qaadan karaysaa in uu bukado?

Waxtiga cuqda SARS waa sida caadi ah 2 illaa 7 maalmood. (Waqtiga cuqdu “macnihiisu waa waqtii ay qaadato in calaamaduhu bilowdaan kolka lala i kulmay halista jermiga cudurka sababa dabadeed.)

Madaama warbixinno aan badnayn ay soo jeediyeen in waqtiga cuqda ee SARS ugu badnaan noqon karo 10 maalmood, qof kasta oo u safray arla aad-halis u ah waa in uu iska ilaaliyo calaamadaha cudurka (xummad ka baban 100.4°F [$>38.0^{\circ}\text{C}$] iyo hal ama ka badan calaamado neefsi) muddo 10 maalmood kolka uu ka tegay arlada aad-halista u ah.

Haddii kula tahay in adiga ama qof ka mid ah qoyskaaga uu qaadi karo SARS (xummad, qufac iyo dhib neefsi awgeed iyo la kulan qof buka oo qaba calaamado lagu yaqaan SARS), waa inaad wadatashi la yeelataa takhtar sida ugu dhaqsi badan. Qofka buka waa in uu afkiisa ku daboola maro kolka uu qufacayo ama hindhisayo kana fogaadaa in uu xiriir dhow la yeesho dad kale.

Xaggee ka heli karaa macluumaad dheeraad ah?

- Booqo Website-ka SARS ee Xarunta Ilaalinta iyo Ka-hortagga *Center for Disease Control and Prevention (CDC)* ee www.cdc.gov/ncidod/sars/
- Booqo Website-ka Ururka caafimaadka Adduunka (*World Health Organization*) ee www.who.int
- Ka wac CDC khadka-kulul ee : (888) 246-2675 Ingiriis — (888) 246-2857 Isbanyool — (866) 874-2646 TTY
- Wac Waaxda Caafimaadka Dadweynaha (*Massachusetts Department of Public Health (MDPH)*) Qaybta Safmarka iyo Tallaalka ee (617) 983-6800 ama booqo Website-ka MDPH ee www.state.ma.us/dph